

Lactose Intolerance (AK 35-USDA 355)

Explain to Participant

You're enrolled in the WIC program today because your body does not break down lactose (milk sugar) very well.

Goal

The goal is to eat an adequate diet without eating or drinking too many foods that contain lactose.

Suggestions for Reducing Risk

Refer to a Registered Dietitian (RD).
Follow the recommendations of your health care provider.
Drink small amounts of milk or dairy products, if you can.
Try eating small amounts of yogurt or cheese (most of the lactose in fermented products has been pre-digested).
Explain the nutrition education material suggested.
Drink 8 glasses of water every day

Nutrition Education Material Suggested Explain Applicable WIC Foods

Using the Dietary Guidelines for Americans...for good health

WIC Foods	Nutrients Provided
Milk	Calcium, Vitamin A, Protein
Cheese	Calcium, Vitamin A, Protein
Eggs	Protein
Beans or Peanut Butter	Protein, Iron
WIC Juice	Vitamin C
Cereal	Iron
Carrots	Vitamin A
Tuna Fish	Protein
Salmon	Calcium, Vitamin A, Protein
Iron Fortified Infant Formula	Calcium, Vitamins A & C, Protein, Iron
Iron Fortified Infant Cereal	Iron

Explain What the WIC Nutrients Can Do for You!

Calcium	Keeps bones healthy. Helps muscles work. Helps blood clot. Helps control blood pressure.
Iron	Carries oxygen in your blood to your muscles. Prevents anemia. Prevents infection.
Vitamin C	Helps your body heal. Helps fight infections. Helps your body use the iron in the foods you eat.
Protein	Makes up part of every cell in your body. Builds and maintains muscles and other tissues.
Vitamin A	Helps keep your skin healthy and smooth. Helps you see at night.

Materials with More Information